

The Girls Center is a great resource for all educators. There are a number of workshop opportunities. Contact Susan Alford at 803-348-0933 for more information.—David



deeper
stronger
together

WHAT IS A GIRLS CIRCLE?

The Girls Circle is a model of structured support groups for girls from 9-18 years. It is designed to foster self-esteem, help girls maintain authentic connection with peers and adult women in their community, counter trends toward self-doubt, and allow for genuine self-expression through verbal sharing and creative activity.

Integrates relational theory, resiliency practices, and skill building utilizing a strengths-based approach

Increases protective factors, pro-social behaviors, connection, personal skills and strengths, and competence in girls

Recognized as a promising approach in the Model Programs Guide by the Office of Juvenile Justice and Delinquency Prevention

Is utilized nationwide in a broad spectrum of settings with diverse populations since 1994, such as schools, juvenile justice, peer leadership, health education, outdoor adventure, positive youth development, athletics, pregnancy prevention, boys and girls clubs, scouting groups, gang-prevention, and substance abuse prevention

FORMAT

Girls Circle groups meet once weekly for 1 to 2 hours with 5 – 10 girls and are led by a female facilitator

Utilizes a unique 6-step format to the Girls Circle Model

Encourages deep listening, respect, care and support of one another

Girls Circle Activity Guides are utilized that contain gender-relevant topics

Guided discussions and creative activities are presented that promote girls' critical thinking about their behaviors and choices

Topics are introduced such as: friendship, body image, female identity, stereotypes, trusting self and others, aggression and dating violence, diversity and cultural heritage, relationships, substance abuse and risk behaviors, goals setting, and self-care.

RESEARCH

Research ranging from 2004-2007 on the Girls Circle Model has shown:

Significant Increases in self efficacy, body image, and social connection

Significant Increases in school bonding

Significant Decreases in alcohol use and self-harming behaviors

Significant Increases in improved friendship selections and behavior, positive peer interactions and peer satisfaction

TRAINING INFORMATION

2-Day Staff Training – Provided by Girls Center at Youth Learning Institute Headquarters in Pickens, SC

Registration fee of **\$295 per participant** includes 14 hours of Instruction, training manual, and continental breakfast/lunch

Training offered from 9:00am-5:30pm each day

Training dates for 2008: January 24-25, April 24-25, July 24-25, and October 23-24

To sign up for Girls Circle training at the Youth Learning Institute, please register at www.thegirlscenter.com.

The Girls Center is the only Girls Circle Certified Licensed Training Facility in the state of South Carolina.

For additional information about 2008 Girls Circle Facilitator Trainings in So. Carolina, please contact:

SUSAN ALFORD, Director of the Girls Center, at 803-348-0933